



THINK FIRST, SPEAK BETTER!

CANFLY LEARNING

Learn | Practice | Succeed.

Strong answers begin with strong ideas.
Pause, connect your thoughts, then express them with confidence.

● ● ● **CONNECT THE DOTS** Use the WH family to develop your answer naturally.

WHO?

- Who do you go with?
- Who is it famous for?
- Who visits this place?

WHERE?

- Where is this place?
- Is it near or far?
- Is it in your city?

WHY?

- Why do you like it?
- Why do people go?
- Why is it important?



EXAMPLE
A PLACE

(park, city, beach)

WHAT?

- What can you see?
- What can you do?
- What is special?

WHEN?

- When did you go?
- When is the best time?
- How often?

HOW?

- How do you get there?
- How do you feel?
- How can you explain it?

MY MESSAGE TO YOU

✗ **DON'T MEMORISE.**
Memorised answers sound robotic and can limit your score.

🔄 **CONNECT IDEAS.**
Link ideas logically. One thought should lead naturally to the next.

WH **USE THE WH FAMILY.**
Use Who, What, Where, When, Why and How to extend ideas.

🔑 **Think. Connect. Express**
That's the way to improve.

Cue Cards

Describe a movie that you did not like.

You should say:

- When and where you watched it
- Why you decided to watch it
- Why you were disappointed
- And explain whether you would recommend it to others.

Ideas

Movie Types

- Action
- Romantic
- Comedy
- Horror
- Science fiction
- Animated
- Thriller

Where did you watch it?

- At the cinema
- At home

- On Netflix
- On Amazon Prime
- With friends
- With family

Why did you watch it?

- A friend recommended it.
- I saw the trailer.
- It was trending online.
- My favourite actor was in it.
- I enjoy that genre.

Why were you disappointed?

- The storyline was boring.
 - The acting was weak.
 - The ending was predictable.
 - The movie was too slow.
 - It did not meet my expectations.
 - The special effects were poor.
 - The characters were unrealistic.
-

Band 5 Vocabulary

- boring
 - interesting
 - exciting
 - funny
 - sad
 - good acting
 - bad acting
 - long
 - slow
 - waste of time
-

Band 7 Vocabulary

- predictable storyline
 - unrealistic characters
 - disappointing ending
 - lacked originality
 - failed to meet my expectations
 - poorly written script
 - outstanding cinematography (*if positive*)
 - weak character development
-

- gripping trailer but dull movie
 - not worth watching
-

Useful Expressions

- I watched this movie...
- I decided to watch it because...
- At first, I thought...
- However, I was disappointed because...
- In the end, I wouldn't recommend it because...

Follow-up Questions

1. Do people in your country like to watch historical movies?

Think about:

- Old kings and queens
 - Famous wars or battles
 - Traditional clothes
 - Ancient buildings or forts
 - Culture and history
 - Learning about the past
-

2. Are actors and actresses important in movies?

Think about:

- Famous celebrities
 - Acting skills
 - Emotional expressions
 - Attracting audiences
 - Making the story believable
-

3. What kinds of movies are popular in your country?

Think about:

- Action
 - Comedy
 - Romantic
 - Horror
 - Family movies
 - Biographical or historical
 - Superhero or science fiction
-

4. Should actors be paid more?

Think about:

- Hard work and long hours
- Popularity
- Entertainment value
- High income already
- Other professions (teachers, doctors, nurses)
- Success of the movie

Describe a family member who made you proud.

You should say:

- Who the person is
 - What the person did
 - Why you felt proud
 - How it influenced you
-

Ideas

Family Member

- Mother
- Father
- Brother
- Sister
- Grandmother
- Grandfather

- Uncle or Aunt
- Cousin

What did the person do?

- Graduated from university
- Got a good job
- Started a successful business
- Won a singing competition
- Won a sports tournament
- Received an academic award
- Protected the environment (e.g., planted trees or organised a clean-up drive)
- Helped people in need
- Supported the family during difficult times
- Learned a new skill
- Overcame a major challenge
- Received a promotion at work
- Started a community or charity project

Why were you proud?

- Hard-working
- Honest
- Kind and helpful
- Determined
- Never gave up
- Achieved a difficult goal
- Inspired others
- Set a good example for the family

How did it influence you?

- Motivated me to work harder
- Inspired me to achieve my goals
- Taught me the value of hard work
- Encouraged me to help others
- Increased my confidence
- Changed my way of thinking

Follow-up Questions

1. Is it beneficial to reward children for doing household work?

Examples:

- Cleaning their room
- Making the bed
- Setting the study table

- Washing dishes
- Taking out the garbage
- Watering plants
- Feeding pets
- Helping with cooking

Rewards:

- Taking them out for dinner
 - A family trip or picnic
 - Chocolate or ice cream
 - A small gift or toy
 - Pocket money
 - Extra screen time
 - Watching their favourite movie
 - Praise and encouragement
 -
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2. What can children do to make their parents proud?

Examples:

- Getting good grades
 - Winning a singing or sports competition
 - Helping with household chores
 - Respecting elders
 - Volunteering in the community
 - Planting trees or protecting the environment
 - Learning a new skill
 - Being honest and responsible
-

3. When was the first time you felt proud of yourself?

Examples:

- Passing an important exam
 - Learning to ride a bicycle
 - Winning a school competition
 - Giving a speech on stage
 - Helping someone in need
 - Learning to swim
 - Getting your first job
 - Completing a difficult project
 -
-

4. Did you do anything in your childhood that made your parents proud?

Examples:

- Receiving a school award
- Scoring high marks
- Winning a drawing, singing, or sports competition
- Performing in a school event
- Helping younger siblings
- Looking after grandparents
- Cleaning your room without being asked
- Participating in environmental activities

Describe a time when you were not allowed to use a mobile phone

You should say:

- when and where you were;
- what you were doing;
- why you were not allowed to use your phone;
- and explain how you felt about it.

Ideas

At a hospital

- You went to visit a relative.
- You were waiting near a treatment room.
- A nurse asked you to turn off your phone.
- Phone signals could affect medical equipment.
- Patients needed peace and privacy.
- You followed the rule and made your call outside.

In a theatre

- You went to watch a movie or a live performance.
- An announcement was made before the show.
- Ringing phones could disturb the performers and audience.
- Bright phone screens could distract other people.
- Recording the performance was not permitted.
- You put your phone on silent and kept it in your bag.

In a library

- You were preparing for an examination.
- You received an important phone call.

- A librarian reminded you that calls were not allowed.
- Your conversation could disturb other students.
- You ended the call and moved to the phone area.
- You understood the reason for the rule.

Vocabulary

Band 5 vocabulary

- **turn off the phone – switch the phone off**
- **quiet place – a place with little or no noise**
- **follow the rule – do what the rule requires**
- **disturb others – interrupt or bother other people**
- **make a phone call – call someone**
- **speak quietly – talk without making much noise**
- **important call – a call that needs attention**
- **feel uncomfortable – feel slightly worried or embarrassed**
- **keep the phone in my bag – avoid using the phone**
- **ask for permission – request approval before doing something**

Band 6–7 vocabulary

- **put the phone on silent – prevent it from making a sound**
- **restricted area – a place where certain activities are not permitted**
- **strictly prohibited – completely forbidden**
- **medical equipment – machines used to examine or treat patients**
- **maintain a peaceful environment – keep a place calm and quiet**
- **distract the audience – take the audience's attention away**
- **respect people's privacy – avoid interfering in private matters**
- **designated area – a specific place provided for an activity**
- **unauthorized recording – recording something without permission**
- **follow the instructions – do what a person in authority asks**

Idiom: Play by the rules

Meaning: To follow the established rules.

Use: "I decided to play by the rules and turned off my phone."

Follow-up Questions and Ideas

1. Do you think taking pictures with a mobile phone is a waste of time?

Ideas

- Pictures help us remember special occasions.
- People can share photographs with family and friends.
- Students can photograph notes or useful information.

- Taking too many pictures may waste time.
- People sometimes focus on pictures instead of enjoying the moment.
- Editing and posting every photograph can be time-consuming.

Band 5 vocabulary: take pictures, save memories, special occasion, share photos, waste time

Band 6–7 vocabulary: capture memories, document an event, excessive use, time-consuming, live in the moment

2. Are laws regulating mobile-phone use important?

Ideas

- They prevent people from using phones while driving.
- They reduce the risk of road accidents.
- They protect people's privacy.
- They prevent secret photographs and recordings.
- Phone restrictions can reduce distractions in schools.
- The laws should be reasonable and connected to safety.

Band 5 vocabulary: follow the law, road accident, use a phone while driving, protect people, safety rule

Band 6–7 vocabulary: distracted driving, privacy protection, unauthorized recording, reasonable restrictions, public safety

3. What are the advantages and disadvantages of maintaining friendships through mobile phones?

Advantages

- Friends can communicate from different places.
- Video calls help people see each other.
- Messages are quick and convenient.
- Friends can share news immediately.
- Group chats make it easier to plan activities.

Disadvantages

- Written messages can be misunderstood.
- People may have fewer face-to-face conversations.
- Online friendships may not have a strong emotional connection.
- Some people ignore the people sitting beside them.
- Excessive phone use can weaken real-life relationships.

Band 5 vocabulary: stay in touch, send messages, video call, share news, meet in person

Band 6–7 vocabulary: instant communication, long-distance friendship, emotional connection, face-to-face interaction, superficial friendship

4. Why does mobile-phone use sometimes annoy people?

Ideas

- Loud ringtones interrupt conversations.
- Some people speak loudly in public.
- Constant phone-checking makes others feel ignored.
- Phone screens distract people in cinemas and theatres.
- Taking photographs without permission makes people uncomfortable.
- Using a phone during a meal or meeting appears disrespectful.

Band 5 vocabulary: loud ringtone, disturb people, speak loudly, feel ignored, bad manners

Band 6–7 vocabulary: interrupt a conversation, inappropriate behaviour, lack of attention, invade someone's privacy, appear disrespectful

Describe a famous person you would like to meet

You should say:

- who this person is;
- where you would like to meet him or her;
- how you know about this person;
- why you want to meet this person;
- and explain how you would feel about meeting them.

Ideas

A famous singer

- Choose a singer you have admired for several years.
- You discovered the person through songs, movies or social media.
- You would like to meet them backstage after a concert.
- You admire their voice, confidence and stage presence.
- You could ask about their journey and challenges.
- You would request a photograph or autograph.

A successful athlete

- Choose a well-known cricketer, footballer or Olympic athlete.

- You have watched their matches or interviews.
- You would like to meet them at a sports stadium.
- Their discipline and hard work inspire you.
- You could ask how they handle pressure and failure.
- Meeting them might motivate you to become more active.

An inspiring educator or social worker

- Choose someone who has improved other people's lives.
- You learned about them through a documentary, article or interview.
- You would like to meet them at an educational event.
- You admire their dedication to society.
- You could ask how ordinary people can support their mission.
- Their advice could help you contribute to your community.

Vocabulary

Band 5 vocabulary

- **famous person** – someone known by many people
- **favourite singer** – the singer you like most
- **big fan** – someone who greatly likes a person
- **hard-working person** – someone who puts considerable effort into their work
- **meet in person** – meet someone face to face
- **ask for an autograph** – request the person's signature
- **take a picture** – photograph yourself with someone
- **feel excited** – feel very happy and interested
- **learn about their life** – discover their experiences
- **follow on social media** – regularly view someone's online posts

Band 6–7 vocabulary

- **admire someone's achievements** – respect what someone has accomplished
- **inspiring personality** – someone who encourages others
- **successful career** – a professional life with significant achievements
- **positive influence** – a beneficial effect on other people
- **overcome difficulties** – successfully deal with problems
- **face-to-face conversation** – a discussion with someone in person
- **memorable experience** – an event that is difficult to forget
- **stage presence** – a performer's ability to attract an audience's attention
- **role model** – someone whose behaviour inspires others
- **handle pressure** – remain effective in a stressful situation

Band 8 vocabulary

- **a household name** – someone recognized by almost everyone
- **an influential figure** – a person who strongly affects other people

- **a source of inspiration** – someone who motivates others
- **remain grounded** – stay humble despite achieving success
- **remarkable journey** – an unusually impressive path to success
- **make a lasting contribution** – create an important effect that continues
- **public persona** – the image a famous person presents to the public
- **genuine admiration** – sincere and honest respect
- **gain first-hand insight** – learn directly from someone's experience
- **leave a lasting impression** – affect someone in a memorable way

Idiom: Look up to someone

Meaning: To admire and respect someone.

Use: "I have always looked up to this person because of their hard work and achievements."

Follow-up Questions and Ideas

1. Why are some children famous in their schools?

Ideas

- They may achieve excellent academic results.
- Some are talented in sports, music, dance or public speaking.
- They may take part in many school competitions.
- Friendly and confident children often know many students.
- Some become well known because their parents are influential.
- Children may also gain attention through social media.

Band 5 vocabulary: good student, win competitions, play sports, make friends, popular child

Band 6–7 vocabulary: academic performance, extracurricular activities, natural talent, leadership skills, gain recognition

Band 8 vocabulary: exceptional ability, stand out from their peers, command attention, well-rounded personality, social visibility

2. Why do people want to be famous?

Ideas

- Fame can bring money and professional opportunities.
- People may want attention and appreciation.
- Some want to influence society or promote an important cause.
- Fame can provide a luxurious lifestyle.
- Social media makes recognition appear easy and attractive.
- Some people associate popularity with success and happiness.

Band 5 vocabulary: earn money, become popular, get attention, live a good life, feel important

Band 6–7 vocabulary: public recognition, career opportunities, social influence, luxurious lifestyle, seek attention

Band 8 vocabulary: desire for validation, widespread recognition, financial rewards, enhance social status, shape public opinion

3. What are the benefits and drawbacks of being famous?

Benefits

- Famous people may earn a high income.
- They receive valuable career opportunities.
- They can travel and meet influential people.
- Their public position allows them to support social causes.
- They may inspire large numbers of people.

Drawbacks

- They have limited privacy.
- They are constantly judged by the public.
- False information may spread about them.
- They may experience pressure to maintain a perfect image.
- Their families can also receive unwanted attention.

Band 5 vocabulary: earn more money, lose privacy, feel stressed, help people, receive criticism

Band 6–7 vocabulary: financial benefits, career opportunities, public pressure, media attention, personal privacy

Band 8 vocabulary: intense public scrutiny, invasion of privacy, unrealistic expectations, influential platform, emotional toll

4. Do people become famous just because of their talent?

Ideas

- Talent is important, but it is not the only factor.
- Successful people usually need discipline and consistent effort.
- Good opportunities and professional connections can help.
- Marketing and social media increase public visibility.
- Some people become famous because of controversy rather than ability.
- Timing and luck can also play an important role.
- A talented person may remain unknown without the right exposure.

Band 5 vocabulary: natural talent, work hard, good luck, get a chance, use social media

Band 6–7 vocabulary: consistent effort, professional connections, public exposure, promotional strategy, suitable opportunity

Band 8 vocabulary: a combination of talent and perseverance, strategic self-promotion, industry connections, favourable circumstances, overnight fame

Describe a job you think is perfect

You should say:

- what the job is;
- how you learned about it;
- what kind of work you would do;
- what skills would be required;
- and explain why you consider it a perfect job.

Ideas

You can think about your own dream job. You can also describe the job of a friend or relative. Consider what that person does, what skills they use and why their job appeals to you.

A teacher

- You learned about teaching from your teachers or a relative who works in education.
- You would prepare lessons and explain concepts.
- You would check assignments and provide feedback.
- You would help students improve their knowledge and confidence.
- The job would allow you to share your experience.
- Helping students succeed would give you satisfaction.

A professional photographer

- You discovered this career through social media, online videos or a photographer you know.
- You would take photographs at weddings, events or natural locations.
- You would communicate with clients and edit pictures.
- The job would allow you to travel and meet different people.
- You could use your creativity and work independently.
- Every project would provide a different experience.

A financial educator

- You learned about this profession through a course, meeting, friend or relative.
- You would teach families about saving and managing money.
- You would explain financial concepts in simple language.
- You would arrange meetings and understand clients' needs.
- You could help people make informed decisions.
- The profession could offer personal growth and flexible hours.

Vocabulary

Band 5 vocabulary

- **perfect job** – a job that suits you well
- **earn money** – receive payment for working
- **help people** – provide support to others
- **work from home** – perform your job at home
- **flexible hours** – working hours that can be changed
- **learn new skills** – develop new abilities
- **friendly workplace** – a pleasant place to work
- **good salary** – suitable payment for your work
- **enjoy my work** – feel happy while doing a job
- **work independently** – work without regular assistance

Band 6–7 vocabulary

- **job satisfaction** – the happiness a person receives from work
- **career growth** – progress in a profession
- **supportive work environment** – a workplace where people help one another
- **work-life balance** – a healthy division between work and personal life
- **financial stability** – having a reliable income
- **professional development** – improvement of career-related skills
- **meaningful career** – work that has an important purpose
- **deal with clients** – communicate and work with customers
- **meet deadlines** – complete work within the required time
- **sense of achievement** – the feeling of accomplishing something valuable

Band 8 vocabulary

- **a fulfilling career** – work that provides deep satisfaction
- **align with my interests** – match the activities I enjoy
- **utilize my strengths** – make effective use of my abilities
- **long-term career prospects** – opportunities for future professional progress
- **intellectually stimulating** – encouraging learning and deeper thinking
- **make a meaningful contribution** – create a valuable and positive effect
- **professional autonomy** – freedom to make decisions at work
- **a collaborative atmosphere** – an environment where people work together
- **a sense of purpose** – the feeling that one's work is important
- **career advancement** – progress towards a higher professional position

Idiom: A dream come true

Meaning: Something you have wanted for a long time that finally becomes real.

Use: “Getting this job would be a dream come true for me.”

Follow-up Questions and Ideas

1. What are the sources of finding jobs these days?

Ideas

- People search on employment and company websites.
- Social-media platforms advertise professional opportunities.
- Recruitment agencies connect employers with suitable workers.
- Friends and relatives may recommend available positions.
- Colleges and universities organize career fairs.
- Professional contacts can provide information about unadvertised jobs.
- Some people submit their résumés directly to companies.

Band 5 vocabulary: job website, job advertisement, ask friends, send a résumé, recruitment agency

Band 6–7 vocabulary: online job portal, professional network, employment agency, career fair, company website

Band 8 vocabulary: networking opportunities, employee referrals, recruitment platforms, professional connections, hidden job market

2. Is salary important in a job?

Ideas

- People need sufficient income to cover their expenses.
- A good salary provides financial security.
- Higher earnings can improve a family's standard of living.
- Salary may motivate employees to work harder.
- However, money should not be the only consideration.
- Job satisfaction and work-life balance are also important.
- A highly paid but stressful job may affect a person's health.

Band 5 vocabulary: good salary, pay bills, support a family, save money, stressful job

Band 6–7 vocabulary: financial security, living expenses, employee motivation, job satisfaction, work-life balance

Band 8 vocabulary: competitive salary, financial well-being, employee retention, monetary reward, overall quality of life

3. What jobs do young people like to do?

Ideas

- Many young people prefer jobs involving technology.
- Some are attracted to content creation and social media.

- Creative careers such as photography and design are popular.
- Young adults may prefer flexible or remote work.
- Some want to establish their own businesses.
- They may choose careers that offer travel and personal freedom.
- Stable professions such as healthcare and engineering remain popular.

Band 5 vocabulary: office job, online job, creative work, work from home, start a business

Band 6–7 vocabulary: technology-based career, flexible schedule, remote employment, creative profession, entrepreneurial career

Band 8 vocabulary: digitally driven profession, location-independent work, entrepreneurial opportunities, career flexibility, innovation-focused role

4. Why do people change their jobs?

Ideas

- They may be dissatisfied with their salary.
- Some experience excessive pressure or long working hours.
- They may have conflicts with managers or colleagues.
- Another company might offer better opportunities.
- People may want to learn new skills or change careers.
- Some relocate to another city or country.
- Family responsibilities may affect their employment decisions.
- A lack of appreciation may encourage employees to leave.

Band 5 vocabulary: low salary, long hours, bad manager, better job, move to another city

Band 6–7 vocabulary: limited career growth, unhealthy work environment, better opportunity, family responsibilities, lack of recognition

Band 8 vocabulary: career stagnation, workplace dissatisfaction, professional advancement, toxic work culture, pursue new challenges

Describe a place in your home where you can relax

You can talk about your **bedroom, balcony, living room, garden, prayer room, reading corner, or terrace.**

Ideas to Cover

Where is it?

- It is on the second floor of my house.
- It is beside the living room.

- It is a small corner near the window.
- It overlooks my garden or a quiet street.

What is it like?

- bright, clean and comfortable
- decorated with plants and family photographs
- furnished with a comfortable chair and a small table
- filled with natural light
- quiet and free from distractions
- painted in soft and calming colours

How do you spend time there?

- read books
- listen to soft music
- meditate or pray
- drink tea or coffee
- watch the sunset
- talk to family members
- write in a journal
- sit quietly after a tiring day

Why do you feel relaxed there?

- It is away from household noise.
- Nobody disturbs me there.
- Fresh air improves my mood.
- It helps me forget my worries.
- I have happy memories connected with this place.
- It allows me to spend some time alone.

Vocabulary by Band Level

Band	Useful vocabulary and phrases
Band 5	quiet place, comfortable chair, fresh air, feel happy, spend time alone, listen to music, beautiful view, take rest
Band 6	peaceful atmosphere, comfortable surroundings, natural light, relieve stress, enjoy some privacy, improve my mood, feel calm
Band 7	cosy corner, calming environment, escape from daily stress, clear my mind, emotionally attached to it, enjoy a sense of privacy, mentally refreshed
Band 8	tranquil atmosphere, personal sanctuary, aesthetically pleasing, soothing surroundings, momentarily disconnect from responsibilities, restore my energy, sense of emotional comfort

Correction

Instead of “I take rest there,” say:

- I rest there.
- I get some rest there.
- I spend some time relaxing there.

Natural Idioms and Expressions

Use only one or two naturally.

- **Unwind after a long day**
I usually sit there to unwind after a long day.
- **Recharge my batteries**
Spending time there helps me recharge my batteries.
- **Enjoy some peace and quiet**
It is the perfect place to enjoy some peace and quiet.
- **Switch off from work**
Listening to music helps me switch off from work.
- **Clear my head**
I go there whenever I need to clear my head.
- **My little corner of the world**
I consider it my little corner of the world.
- **Get away from it all**
For a short time, it allows me to get away from it all.

Strong Closing Idea

I feel relaxed there because its peaceful atmosphere allows me to clear my head, forget my worries and recharge my batteries.

Follow-up Question 1:

Do people in your country usually relax after work?

Ideas

Yes, many people do:

- spend time with family
- watch television or use social media
- go for an evening walk
- meet friends for tea or dinner
- exercise, meditate or listen to music

However, some people cannot relax because:

- they work long hours
- they have household responsibilities
- they have a second job
- they must take care of their children

- they continue answering work-related calls and emails

Vocabulary by Band Level

Band	Useful vocabulary
Band 5	rest after work, watch television, spend time with family, feel tired, go for a walk
Band 6	relax after a tiring day, household responsibilities, busy working life, evening routine
Band 7	unwind after work, maintain a work-life balance, demanding schedule, family commitments
Band 8	mentally disconnect from work, increasingly blurred boundaries, professional obligations, decompress after a demanding day

Natural Idioms

- call it a day
- unwind after work
- put one's feet up
- recharge one's batteries

Strong answer idea:

Yes, most people try to unwind after work by spending time with their families, watching television or going for a walk. However, those with demanding schedules and family commitments may find it difficult to switch off completely.

Follow-up Question 2: Why do some people prefer to remain busy most of the time?

Ideas

Some people stay busy because:

- they are ambitious and want to achieve their goals
- they enjoy being productive
- they want to earn more money
- they dislike boredom
- they have many personal and professional responsibilities
- staying occupied prevents them from overthinking
- society sometimes connects busyness with success
- they feel guilty when they are not working

Vocabulary by Band Level

Band	Useful vocabulary
Band 5	earn money, achieve goals, dislike sitting idle, have a lot of work

Band	Useful vocabulary
Band 6	remain productive, avoid boredom, complete responsibilities, improve their career
Band 7	highly ambitious, goal-oriented, sense of accomplishment, demanding lifestyle
Band 8	thrive on a packed schedule, derive satisfaction from productivity, constant pressure to succeed, use busyness as a distraction

Natural Idioms

- keep oneself occupied
- have a lot on one's plate
- be always on the go
- work around the clock
- keep boredom at bay

Strong answer idea:

Some people are naturally ambitious and derive a sense of accomplishment from remaining productive. Others keep themselves occupied because they dislike boredom or use busyness as a way to avoid overthinking.

Follow-up Question 3: What are the benefits of relaxation?

Ideas

Relaxation can:

- reduce stress and anxiety
- improve sleep quality
- restore physical and mental energy
- improve concentration and productivity
- help people control their emotions
- prevent exhaustion and burnout
- improve relationships
- support physical and mental health
- help people make better decisions

Vocabulary by Band Level

Band	Useful vocabulary
Band 5	reduce stress, feel better, sleep well, improve health, gain energy
Band 6	improve concentration, refresh the mind, control emotions, improve sleep quality

Band	Useful vocabulary
Band 7	restore mental energy, enhance productivity, maintain emotional well-being, prevent exhaustion
Band 8	alleviate psychological stress, promote mental clarity, prevent chronic burnout, maintain long-term well-being

Natural Idioms

- clear one's head
- recharge one's batteries
- take a breather
- give the mind a break
- return with a fresh perspective

Strong answer idea:

Relaxation is essential because it allows people to recharge their batteries and return to their responsibilities with greater concentration. It can also alleviate stress, prevent burnout and support long-term physical and emotional well-being.

Describe something you cannot live without

You can talk about an exercise routine, facial treatment, spa treatment, cycling, swimming, mobile phone, laptop, car, or anything else important in your life.

You should say:

- what it is
- how often you use it or do it
- how it helps you
- and explain why you cannot live without it

Ideas

Exercise

- I exercise every morning.
- It keeps me active and healthy.
- It reduces my stress.
- It gives me energy for the day.

Facial treatment

- I have a facial once a month.
- It keeps my skin clean and healthy.
- It improves my confidence.
- It gives me time to take care of myself.

Spa treatment

- I visit a spa once or twice a month.
- It relaxes my body and mind.
- It reduces muscle pain.
- It helps me recover after a busy week.

Cycling

- I go cycling three or four times a week.
- It improves my fitness and stamina.
- It allows me to spend time outdoors.
- It gives me a sense of freedom.

Swimming

- I go swimming every weekend.
- It provides a full-body workout.
- It helps me remain fit.
- It makes me feel calm and refreshed.

Mobile phone

- I use it throughout the day.
- It helps me communicate with others.
- I use it for work, study and entertainment.
- It keeps me connected and organized.

Band 5 Vocabulary

- stay healthy
- feel fresh
- use it daily
- reduce stress
- save time
- stay active
- keep in touch
- feel relaxed
- important part of my life

Band 7 Vocabulary

- maintain a healthy lifestyle
- improve my overall well-being
- relieve stress
- boost my confidence
- remain physically active
- an essential part of my routine
- maintain contact with others
- give me a sense of freedom

Band 8 Vocabulary

- an indispensable part of my life
- enhance my quality of life
- support my emotional well-being
- deeply integrated into my routine
- provide a sense of independence
- promote physical and mental well-being
- momentarily escape from my responsibilities

Easy Idioms and Expressions

- **I can't do without it:** I can't do without my morning exercise.
- **Part and parcel of my life:** Swimming is part and parcel of my life.
- **Recharge my batteries:** A spa treatment helps me recharge my batteries.
- **Clear my head:** Cycling allows me to clear my head.
- **Keep me on track:** My phone helps me keep my work on track.
- **Feel like a new person:** After a facial treatment, I feel like a new person.
- **In the long run:** Regular exercise improves my health in the long run.

Strong Closing Sentence

I cannot imagine my life without it because it keeps me active, improves my mood and has become an essential part of my routine.

Follow-up Questions**1. Why do people buy new things?****Ideas**

- to meet their basic needs
- to replace old or damaged belongings
- to follow the latest fashions
- to enjoy modern technology
- to make their lives more comfortable
- to celebrate special occasions
- to impress other people
- to take advantage of discounts

Band 5 Vocabulary

- basic needs
- latest fashion
- replace old things
- special offers

- useful products
- modern technology
- low prices

Band 7 Vocabulary

- changing needs
- improved features
- attractive discounts
- purchasing decisions
- social status
- modern lifestyle
- greater convenience

Band 8 Vocabulary

- desire for novelty
- technological advancements
- consumer culture
- status-conscious behaviour
- persuasive advertising
- improved functionality
- material possessions

Easy Idioms and Expressions

- **Keep up with trends:** Some people buy new clothes to keep up with trends.
- **Treat themselves:** People may buy something expensive to treat themselves.
- **Catch someone's eye:** Attractive products can catch a customer's eye.
- **Good value for money:** People prefer products that offer good value for money.

Answer Idea

People buy new things to meet their needs or replace old and damaged belongings. Some people also want to keep up with trends, while others are attracted by discounts and modern features.

2. Why do people change their shopping habits?

Ideas

- their income may increase or decrease
- the prices of products may rise
- online shopping is more convenient
- people may become busier
- their family size may change
- they may become more environmentally aware
- advertisements may influence them
- they may want to save money

Band 5 Vocabulary

- save money
- rising prices
- shop online
- busy lifestyle
- compare prices
- spend less
- convenient shopping

Band 7 Vocabulary

- financial situation
- changing lifestyle
- online shopping platforms
- environmental awareness
- convenient payment methods
- purchasing preferences
- household responsibilities

Band 8 Vocabulary

- shifting financial priorities
- digital convenience
- price-sensitive customers
- evolving consumer preferences
- sustainable consumption
- changing economic circumstances
- time-efficient alternatives

Easy Idioms and Expressions

- **Cut back on spending:** People cut back on spending when prices rise.
- **Shop around:** Customers shop around to find the best price.
- **Make ends meet:** Some families spend less to make ends meet.
- **At the click of a button:** People can purchase products at the click of a button.

Answer Idea

People change their shopping habits because of their income, lifestyle or family needs. For example, busy people may shop online, while those facing financial difficulties may cut back on unnecessary spending.

3. How do shops attract customers?

Ideas

- offer discounts and special deals
- create attractive window displays
- advertise on social media

- introduce loyalty programmes
- provide excellent customer service
- offer free samples
- organize seasonal sales
- provide home delivery
- use attractive packaging

Band 5 Vocabulary

- low prices
- special offers
- good service
- attractive displays
- free samples
- home delivery
- friendly staff

Band 7 Vocabulary

- promotional offers
- loyalty programmes
- eye-catching displays
- personalized service
- social-media advertising
- seasonal discounts
- positive shopping experience

Band 8 Vocabulary

- targeted marketing campaigns
- visually appealing displays
- competitive pricing
- personalized recommendations
- enhance customer loyalty
- establish a strong brand image
- encourage repeat purchases

Easy Idioms and Expressions

- **Catch the customer's eye:** Colourful displays catch the customer's eye.
- **Good value for money:** Shops advertise their products as good value for money.
- **Spread the word:** Social media helps businesses spread the word.
- **Go the extra mile:** Helpful employees go the extra mile for their customers.

Answer Idea

Shops attract customers by offering discounts, creating eye-catching displays and advertising online. They also provide good customer service and loyalty rewards to encourage customers to return.

4. Why do some people like to keep old things?

Ideas

- old possessions may have emotional value
- they may remind people of their loved ones
- they may be connected with happy memories
- they may be valuable antiques
- they may still be useful
- people may want to avoid waste
- old products may be well made
- they may become family heirlooms

Band 5 Vocabulary

- happy memories
- gifts from family
- still useful
- old photographs
- special value
- good quality
- avoid waste

Band 7 Vocabulary

- sentimental value
- emotional attachment
- precious memories
- family possessions
- environmentally responsible
- durable products
- valuable antiques

Band 8 Vocabulary

- preserve a connection with the past
- irreplaceable sentimental value
- family heirloom
- a sense of nostalgia
- exceptional craftsmanship
- historical significance
- long-lasting emotional attachment

Easy Idioms and Expressions

- **Hold on to something:** People hold on to possessions connected with happy memories.
- **Close to one's heart:** Family photographs are often close to people's hearts.
- **Stand the test of time:** Well-made furniture can stand the test of time.

- **Bring back memories:** Old possessions can bring back special memories.

Answer Idea

Some people keep old things because they have sentimental value and bring back happy memories. Others keep them because they are useful, well made or connected with their family history.

8. Describe a Person Who Is Good at Learning Languages

You can talk about your friend, relative, teacher, classmate, colleague, or any other person who can learn languages easily.

You should say:

- who the person is and how you know them
- how this person learns new languages
- how many languages the person can speak
- and explain how you feel about them

Ideas for the Cue Card**Who is the person?**

- my close friend
- my cousin
- my language teacher
- my university classmate
- one of my colleagues
- a multilingual content creator

How do you know this person?

- We studied at the same school.
- We have been friends since childhood.
- We work at the same company.
- They teach at my language institute.
- We met during a language course.
- They are a member of my family.

How does this person learn languages?

- attends language classes
- watches movies with subtitles
- listens to podcasts and songs
- reads newspapers and short stories
- uses language-learning applications
- speaks with native speakers
- writes down new vocabulary
- practises pronunciation regularly
- keeps a vocabulary notebook

- watches educational videos
- uses new words in daily conversations
- learns through regular practice

How many languages can the person speak?

- two languages fluently
- three languages confidently
- four languages, including English and French
- several regional and foreign languages
- English, Punjabi, Hindi and French

How do you feel about this person?

- I admire their dedication.
- I feel inspired by their progress.
- Their confidence impresses me.
- They motivate me to learn another language.
- I am proud of their achievement.
- I would like to follow their learning methods.

Band 5 Vocabulary

- learn new words
- speak clearly
- practise every day
- good pronunciation
- understand different languages
- watch English movies
- attend language classes
- speak with confidence
- remember vocabulary
- learn quickly
- hardworking person
- regular practice

Band 7 Vocabulary

- fluent speaker
- effective learning techniques
- improve pronunciation
- expand vocabulary
- communicate confidently
- practise consistently
- language-learning ability
- develop communication skills
- learn through exposure
- highly dedicated learner

- understand different accents
- overcome language barriers

Band 8 Vocabulary

- multilingual individual
- exceptional linguistic ability
- acquire a foreign language
- immerse oneself in a language
- achieve a high level of fluency
- remarkable command of languages
- communicate with native-like fluency
- retain new vocabulary effectively
- adapt to different language systems
- demonstrate consistent dedication
- develop cultural awareness
- possess strong listening comprehension

Easy Idioms and Expressions

- **Pick up a language:** She can pick up a new language quite quickly.
- **Have a good ear for languages:** He has a good ear for languages and easily copies pronunciation.
- **Practise makes perfect:** She believes that practice makes perfect.
- **A quick learner: My friend is a quick learner.**
- **Broaden one's horizons:** Learning languages has broadened her horizons.
- **Open doors:** Her language skills have opened many doors for her.
- **Step out of one's comfort zone:** She speaks to native speakers to step out of her comfort zone.

Strong Closing Idea

I truly admire this person because their dedication, effective learning methods and excellent command of several languages inspire me to improve my own communication skills.

Follow-up Questions

1. What are the sources of learning languages?

Ideas

- schools and language institutes
- private tutors
- books and newspapers
- online courses
- mobile applications
- podcasts and audiobooks
- films and television programmes
- social-media platforms
- native speakers

- language-exchange groups
- travelling or living abroad

Band 5 Vocabulary

- language classes
- English books
- online videos
- mobile applications
- practise speaking
- learn new words
- watch movies
- listen to songs

Band 7 Vocabulary

- online learning platforms
- language-exchange programmes
- educational resources
- interactive applications
- native speakers
- authentic listening materials
- classroom instruction
- independent learning

Band 8 Vocabulary

- immersive learning environment
- digital educational resources
- real-life communication
- culturally authentic materials
- personalized learning platforms
- direct exposure to native speakers
- self-directed learning
- formal language instruction

Easy Expressions

- learn at one's own pace
- learn through trial and error
- practise makes perfect
- have access to a wide range of resources

Answer Idea

People can learn languages through schools, private tutors, books and online courses. They can also use mobile applications, watch foreign-language programmes and communicate with native speakers.

2. Is learning a language difficult?

Ideas

- It depends on the learner's interest and dedication.
- Grammar rules can be confusing.
- Pronunciation may be challenging.
- Learners may be afraid of making mistakes.
- A lack of practice can slow progress.
- Regular exposure makes learning easier.
- Similar languages may be easier to learn.
- Motivation and patience are necessary.

Band 5 Vocabulary

- difficult grammar
- new vocabulary
- pronunciation problems
- make mistakes
- practise regularly
- improve slowly
- speak confidently
- spend time learning

Band 7 Vocabulary

- complex grammar rules
- limited vocabulary
- lack of confidence
- consistent practice
- gradual improvement
- learning difficulties
- remain motivated
- overcome challenges

Band 8 Vocabulary

- unfamiliar grammatical structures
- pronunciation-related challenges
- fear of making errors
- sustained effort
- consistent exposure
- individual learning ability
- overcome linguistic barriers
- long-term commitment

Easy Expressions

- easier said than done

- learn from one's mistakes
- take time and patience
- get the hang of something

Answer Idea

Learning a language can be difficult at the beginning because learners must understand unfamiliar grammar, vocabulary and pronunciation. However, consistent practice and regular exposure can make the process easier.

3. Do you think learning a foreign language is important?

Ideas

- improves employment opportunities
- helps people study abroad
- makes travelling easier
- allows communication with foreigners
- develops cultural awareness
- improves confidence
- strengthens memory
- gives access to international information
- helps businesses communicate globally
- reduces communication barriers

Band 5 Vocabulary

- get a good job
- communicate with others
- travel easily
- learn about cultures
- study abroad
- improve confidence
- understand foreigners

Band 7 Vocabulary

- career opportunities
- effective communication
- cultural understanding
- international education
- global employment market
- improve cognitive skills
- connect with different communities
- overcome communication barriers

Band 8 Vocabulary

- enhance employability

- promote cross-cultural understanding
- thrive in a globalized world
- facilitate international communication
- broaden one's perspective
- develop cultural sensitivity
- gain access to global opportunities
- strengthen cognitive abilities

Easy Expressions

- open doors
- broaden one's horizons
- bridge the communication gap
- connect people from different walks of life

Answer Idea

Learning a foreign language is important because it improves employment and educational opportunities. It also enables people to communicate internationally and develop a better understanding of other cultures.

4. What is the best way to learn a language?

Ideas

- practise every day
- communicate with native speakers
- combine classroom learning with daily practice
- watch films with subtitles
- listen to podcasts
- read simple books
- keep a vocabulary notebook
- use new words in sentences
- practise all four language skills
- avoid being afraid of mistakes
- live in a country where the language is spoken

Band 5 Vocabulary

- daily practice
- learn new words
- speak with others
- watch videos
- read simple books
- improve pronunciation
- correct mistakes
- use a dictionary

Band 7 Vocabulary

- regular communication
- practical language use
- interactive learning
- receive immediate feedback
- improve fluency
- develop listening skills
- practise in real-life situations
- maintain a vocabulary journal

Band 8 Vocabulary

- complete language immersion
- meaningful interaction
- contextual learning
- personalized feedback
- active language production
- consistent exposure
- develop communicative competence
- apply knowledge in authentic situations

Easy Expressions

- practise makes perfect
- learn by doing
- pick up new expressions
- step out of one's comfort zone

Answer Idea

The most effective method is to combine formal study with regular communication. Learners should practise every day, interact with fluent speakers and use the language in real-life situations.

Describe a Piece of Local News That People Were Interested In

You can talk about the opening of a new hospital, park, school, shopping centre or community centre; a local sports victory; a cultural event; road construction; a missing person; or an environmental project.

You should say:

- what the news was

- where you heard about it
- who was involved
- and explain why people were interested in it

Ideas for the Cue Card**Idea 1: Opening of a New Hospital**

- A new hospital opened in my city.
- I heard about it on a local news channel.
- Local officials, doctors and residents were involved.
- It provides emergency and specialist medical services.
- People were interested because the old hospital was overcrowded.
- It will reduce waiting times and improve healthcare.

Idea 2: Development of a Public Park

- An unused area was converted into a public park.
- I read the news on a community Facebook page.
- The local council, volunteers and residents participated.
- The park has walking paths, playgrounds and sports facilities.
- Families were excited to have a safe recreational space.
- The project improved the appearance of the neighbourhood.

Idea 3: A Local Student's Achievement

- A local student won a national competition.
- I heard about it through my school or local newspaper.
- The student, teachers and family members were involved.
- The achievement brought recognition to the community.
- Young people found the story inspiring.
- Residents felt proud of the student.

Idea 4: Opening of a New Shopping Centre

- A large shopping centre opened nearby.
- I saw the news on social media.
- Business owners, local officials and residents attended the opening.
- It created new employment opportunities.
- People were interested in its stores, restaurants and entertainment facilities.
- Residents no longer needed to travel far for shopping.

Idea 5: Road or Transport Improvement

- A new road, bridge or bus service was introduced.
- I heard about it on the radio.
- The local government and transport authorities were involved.
- It reduced traffic congestion.
- It made daily travel easier.
- Commuters were particularly interested in the development.

Band 5 Vocabulary

- local news
- community event
- important announcement
- new development
- local residents
- government officials
- public place
- create jobs
- improve facilities
- help the community
- proud moment
- useful information

Band 7 Vocabulary

- widely discussed news
- major local development
- community members
- public interest
- local authorities
- employment opportunities
- public facilities
- improve residents' quality of life
- receive media attention
- benefit the entire community
- generate excitement
- positive development

Band 8 Vocabulary

- attract widespread public attention
- significant community development
- generate considerable public interest
- address a long-standing problem
- strengthen community spirit
- improve local infrastructure
- enhance residents' quality of life
- receive extensive media coverage
- have a positive social impact
- encourage community participation
- create a sense of collective pride
- mark an important milestone

Easy Idioms and Expressions

- **The talk of the town:** The new hospital became the talk of the town.
- **Spread like wildfire:** The news spread like wildfire on social media.
- **Make the headlines:** The student's achievement made the local headlines.
- **A breath of fresh air:** The new public park was a breath of fresh air for residents.
- **Bring people together:** The event brought people together.
- **A proud moment:** It was a proud moment for the entire community.
- **In the public eye:** The project remained in the public eye for several weeks.

Strong Closing Idea

People were interested in this news because it directly affected their lives, improved local facilities and created a sense of pride within the community.

Follow-up Questions

1. Why do people like to read local news?

Ideas

- It directly affects their daily lives.
- It provides information about local events.
- People learn about road closures and weather conditions.
- It reports local crime and safety issues.
- Residents learn about new facilities and services.
- It helps people remain connected with their community.
- Local stories are easier to relate to.
- People can learn about employment opportunities.

Band 5 Vocabulary

- local events
- useful information
- nearby places
- road closures
- weather updates
- community problems
- safety information
- stay informed

Band 7 Vocabulary

- community developments
- relevant information
- public safety concerns
- local employment opportunities
- neighbourhood events
- directly affect residents

- stay connected with the community
- make informed decisions

Band 8 Vocabulary

- immediate relevance
- community-specific information
- civic awareness
- local government decisions
- issues affecting residents
- encourage community participation
- strengthen social connections
- promote public awareness

Easy Expressions

- **Close to home:** Local stories feel close to home.
- **Keep someone informed:** Local news keeps residents informed.
- **Stay up to date:** People read it to stay up to date.
- **Have a direct impact:** Local decisions have a direct impact on residents.

Answer Idea

People read local news because it provides information about events and decisions that directly affect their daily lives. It also helps them stay informed about safety issues, public services and community developments.

2. How can people develop their national identity?

Ideas

- learn about their country's history
- understand national values
- celebrate national festivals
- respect national symbols
- learn national and regional languages
- preserve cultural traditions
- participate in community activities
- support national sports teams
- visit historical places
- fulfil their responsibilities as citizens
- respect cultural diversity
- contribute positively to society

Band 5 Vocabulary

- national history
- cultural traditions
- national festivals

- national flag
- respect the country
- learn about culture
- celebrate together
- responsible citizens

Band 7 Vocabulary

- shared traditions
- cultural heritage
- national values
- sense of belonging
- civic responsibility
- historical awareness
- cultural diversity
- participate in national celebrations

Band 8 Vocabulary

- collective national identity
- preserve cultural heritage
- shared historical experiences
- foster a sense of belonging
- fulfil civic responsibilities
- promote social unity
- respect cultural diversity
- strengthen national cohesion

Easy Expressions

- **Sense of belonging:** Traditions give people a sense of belonging.
- **Bring people together:** National celebrations bring people together.
- **Pass traditions down:** Families pass traditions down to younger generations.
- **Take pride in one's country:** People should take pride in their country's achievements.

Answer Idea

People can develop their national identity by learning about their country's history, preserving cultural traditions and participating in national celebrations. Responsible citizenship and respect for diversity can also strengthen their sense of belonging.

3. Do people like to buy newspapers in your country?

Ideas

Some people still buy them because:

- they trust established newspapers
- they enjoy reading printed material
- newspapers provide detailed reports

- older people may not feel comfortable reading online
- reading a newspaper is part of their daily routine

Many people no longer buy them because:

- online news is free
- mobile phones provide immediate updates
- digital news is more convenient
- social media spreads news quickly
- printed newspapers create paper waste

Band 5 Vocabulary

- printed newspaper
- daily news
- older people
- read online
- free information
- latest updates
- mobile phone
- reading habit

Band 7 Vocabulary

- traditional newspapers
- online news platforms
- immediate updates
- detailed reporting
- convenient access
- declining newspaper sales
- reliable news sources
- digital technology

Band 8 Vocabulary

- gradual decline in print media
- rapid digitalization
- real-time news updates
- established media organizations
- changing reading habits
- convenient digital alternatives
- credibility of information
- environmentally sustainable option

Easy Expressions

- **At one's fingertips:** Online news is available at people's fingertips.
- **Old habits die hard:** Some older people still buy newspapers because old habits die hard.
- **Keep up with current events:** Newspapers help people keep up with current events.
- **A thing of the past:** Printed newspapers may eventually become a thing of the past.

Answer Idea

Newspaper sales are declining because most people now receive free and immediate updates on their phones. However, some older readers still prefer printed newspapers because they consider them reliable and enjoy their traditional reading routine.

4. Do you think it is important to have a national identity?

Ideas

- It gives people a sense of belonging.
- It connects citizens through shared values.
- It encourages people to preserve their culture.
- It strengthens unity during difficult times.
- It helps younger generations understand their history.
- It encourages responsible citizenship.
- It creates pride in national achievements.
- It should not lead to discrimination against other cultures.
- National identity can exist alongside respect for diversity.

Band 5 Vocabulary

- love one's country
- national pride
- shared culture
- stay united
- respect traditions
- learn about history
- help the country
- responsible citizen

Band 7 Vocabulary

- sense of belonging
- shared national values
- cultural identity
- social unity
- national pride
- responsible citizenship
- preserve traditions
- respect cultural differences

Band 8 Vocabulary

- foster national unity
- strengthen social cohesion
- preserve cultural heritage
- shared collective identity

- encourage civic responsibility
- maintain cultural continuity
- promote inclusive patriotism
- coexist with cultural diversity

Easy Expressions

- **Stand together:** A national identity encourages citizens to stand together.
- **Take pride in:** People take pride in their country's achievements.
- **Common ground: Shared values provide common ground.**
- **United in difficult times:** National identity helps people remain united in difficult times.

Answer Idea

Yes, national identity is important because it creates a sense of belonging and connects people through shared history and values. However, it should remain inclusive and encourage respect for different cultures.

Describe a Person Who Works for a Successful Company

You can talk about your friend, relative, neighbour, former classmate or colleague.

You should say:

- who the person is and how you know them
- which company they work for
- what they do in the company
- and explain why you think they are successful

Simple Ideas

Person

- my cousin
- a close friend
- my neighbour
- my former classmate
- one of my relatives

Company

- a technology company
- a bank
- an insurance company
- a clothing company
- an international hotel
- an educational organization

Job Responsibilities

- assists customers

- manages a team
- develops software
- creates advertisements
- organizes meetings
- trains new employees
- solves customer complaints
- manages company accounts
- promotes products online
- prepares business reports

Reasons for Success

- works hard
- communicates clearly
- meets deadlines
- learns new skills
- accepts responsibility
- works well with others
- solves problems calmly
- receives positive feedback
- has earned promotions
- contributes to the company's growth

Band 5 Vocabulary

- successful company
- good employee
- work hard
- good salary
- help customers
- learn new skills
- work in a team
- solve problems
- finish work on time
- get a promotion
- friendly nature
- good communication skills

Band 5 Closing Idea

I think this person is successful because they work hard, help other employees and always complete their work on time.

Band 7 Vocabulary

- well-established company
- skilled professional
- professional experience

- career development
- strong work ethic
- effective communication skills
- leadership qualities
- problem-solving abilities
- manage responsibilities efficiently
- meet important deadlines
- maintain customer relationships
- receive positive feedback
- contribute to business growth
- achieve professional goals

Band 7 Closing Idea

I consider her successful because she has a strong work ethic, manages her responsibilities efficiently and contributes significantly to the company's growth.

Band 8 Vocabulary

- highly reputable organization
- accomplished professional
- exceptional leadership abilities
- demonstrate professional competence
- possess extensive industry knowledge
- make well-informed decisions
- handle demanding responsibilities
- adapt to workplace challenges
- build long-term client relationships
- play an instrumental role
- make a valuable contribution
- advance rapidly in their career
- earn professional recognition
- maintain consistently high standards

Band 8 Closing Idea

I admire him because his professional competence and exceptional leadership abilities have enabled him to advance rapidly in his career and earn recognition within the organization.

Easy Idioms and Expressions

- **Climb the career ladder:** She has worked hard to climb the career ladder.
- **Go the extra mile:** He always goes the extra mile to help customers.
- **A team player:** She is a team player who supports her colleagues.
- **Think outside the box:** He can think outside the box when solving problems.
- **Learn the ropes:** She learned the ropes quickly when she joined the company.

Follow-up Questions

1. What are the advantages of working for a large company?

Simple Ideas

- stable income
- employee benefits
- professional training
- promotion opportunities
- job security
- modern technology
- international experience
- chances to work in different departments
- opportunity to meet skilled professionals
- a recognized company name on one's résumé

Band 5 Vocabulary

- big company
- good salary
- stable job
- health benefits
- job training
- promotion opportunities
- modern equipment
- learn new skills
- work experience

Band 5 Answer Idea

Large companies usually provide a good salary, job security and health benefits. Employees can also receive training and have more opportunities to get a promotion.

Band 7 Vocabulary

- well-established organization
- competitive salary
- employee benefits
- stable employment
- professional training
- career advancement
- structured working environment
- advanced technology
- promotion prospects
- international exposure

Band 7 Answer Idea

Working for a large organization can provide stable employment, a competitive salary and valuable employee benefits. Workers may also receive professional training and have better prospects for career advancement.

Band 8 Vocabulary

- comprehensive benefits package
- long-term career progression
- extensive professional-development opportunities
- clearly defined promotion pathways
- financial stability
- global career opportunities
- access to advanced resources
- specialized training programmes
- valuable industry exposure
- organizational support

Band 8 Answer Idea

Large corporations often provide financial stability, comprehensive benefits and clearly defined promotion pathways. Employees may also gain valuable industry exposure and access specialized professional-development programmes.

2. Are happy workers important to a company?

Simple Ideas

- work more efficiently
- provide better customer service
- cooperate with colleagues
- take fewer days off
- remain with the company longer
- create a positive atmosphere
- contribute new ideas
- improve company performance
- encourage other workers
- build better customer relationships

Band 5 Vocabulary

- happy employees
- work better
- feel motivated
- help customers
- work in a team
- positive workplace

- stay with the company
- increase profits
- good performance

Band 5 Answer Idea

Yes, happy workers are important because they work better and help customers politely. They also create a positive environment and are more likely to remain with the company.

Band 7 Vocabulary

- employee satisfaction
- motivated workforce
- positive working environment
- increased productivity
- effective teamwork
- employee loyalty
- better customer service
- staff retention
- company performance
- workplace morale

Band 7 Answer Idea

Employee satisfaction is important because a motivated workforce is generally more productive. Happy employees also cooperate effectively, provide better customer service and are less likely to leave the organization.

Band 8 Vocabulary

- highly engaged workforce
- enhance organizational productivity
- maintain positive workplace morale
- strengthen employee retention
- reduce staff turnover
- demonstrate greater commitment
- foster a collaborative environment
- improve customer satisfaction
- contribute innovative ideas
- support long-term business success

Band 8 Answer Idea

A highly engaged workforce can enhance productivity, improve customer satisfaction and reduce staff turnover. Satisfied employees also demonstrate greater commitment and contribute to a more collaborative working environment.

Describe a Person Who Would Like to Work in the Medical Field

You can talk about your friend, relative, neighbour, classmate or someone studying a medical subject.

You should say:

- who the person is and how you know them
- what job they would like to do
- when they became interested in this career
- and explain why they would like to work in the medical field

Simple Ideas

Person

- my younger sister
- my cousin
- a close friend
- my former classmate
- my neighbour's daughter

Medical Career

- doctor
- nurse
- pharmacist
- physiotherapist
- laboratory technician
- dentist
- medical researcher
- radiologist

When Did Their Interest Begin?

- during childhood
- after studying biology at school
- after visiting a hospital
- after seeing a family member receive treatment
- during a school career programme
- after watching a medical documentary
- after volunteering at a care home

Reasons for Choosing the Medical Field

- wants to help sick people
- is interested in science
- wants to save lives
- wants a respected career
- enjoys caring for others

- wants to improve public health
- has seen a doctor inspire patients
- wants a stable and meaningful profession

Band 5 Vocabulary

- medical field
- help sick people
- save lives
- take care of patients
- study medicine
- work in a hospital
- give treatment
- check patients
- learn about diseases
- hardworking person
- caring nature
- respected job

Band 5 Closing Idea

She wants to work in the medical field because she enjoys helping sick people and wants to make a positive difference in their lives.

Band 7 Vocabulary

- pursue a medical career
- provide medical care
- diagnose illnesses
- treat patients
- improve patients' health
- develop medical knowledge
- work under pressure
- emotionally rewarding career
- contribute to society
- make informed decisions
- strong sense of responsibility
- compassionate personality

Band 7 Closing Idea

She would like to pursue a medical career because it would allow her to provide essential care, support patients and contribute positively to society.

Band 8 Vocabulary

- pursue a career in healthcare
- demonstrate genuine compassion
- provide high-quality patient care
- make accurate diagnoses

- handle demanding situations
- improve patient outcomes
- address public-health challenges
- possess a strong sense of responsibility
- make a meaningful contribution
- evidence-based medical practice
- professionally fulfilling career
- remain calm under pressure

Band 8 Closing Idea

She considers healthcare a professionally fulfilling field because it would allow her to demonstrate compassion, improve patient outcomes and make a meaningful contribution to society.

Easy Idioms and Expressions

- **Follow in someone's footsteps:** She wants to follow in her mother's footsteps and become a nurse.
- **A helping hand:** She wants to give a helping hand to people in need.
- **Make a difference:** Her main aim is to make a difference in patients' lives.
- **A calling:** She feels that caring for others is her calling.
- **Remain cool under pressure:** Doctors must remain cool under pressure.

Follow-up Questions

1. Why are only a few students willing to study science subjects?

Simple Ideas

- Science subjects can be difficult.
- Students must learn complex concepts.
- They require practical experiments.
- Medical courses take many years.
- Students may be afraid of mathematics.
- The workload can be heavy.
- Some schools lack laboratories.
- Students may prefer creative or business subjects.
- Science careers require dedication and patience.

Band 5 Vocabulary

- difficult subjects
- complex topics
- heavy workload
- long study hours
- practical experiments
- high marks
- feel stressed
- lack of interest

- career choice

Band 5 Answer Idea

Only a few students choose science because they consider it difficult. Science subjects require long study hours, practical experiments and a good understanding of mathematics.

Band 7 Vocabulary

- challenging curriculum
- complex scientific concepts
- demanding workload
- practical laboratory work
- academic pressure
- lengthy training
- lack of confidence
- career preferences
- specialized knowledge
- strong commitment

Band 7 Answer Idea

Some students avoid science because it involves complex concepts, laboratory work and a demanding workload. Others may lack confidence in mathematics or prefer subjects that match their personal interests.

Band 8 Vocabulary

- academically demanding discipline
- rigorous scientific training
- substantial time commitment
- highly specialized knowledge
- limited laboratory resources
- intense academic pressure
- perceived difficulty
- long-term dedication
- demanding admission requirements
- alternative career pathways

Band 8 Answer Idea

Science is often perceived as an academically demanding discipline that requires rigorous training and a substantial time commitment. Consequently, some students choose alternative subjects that appear less stressful.

2. What qualities should a doctor possess?

Simple Ideas

- compassion
 - patience
 - good communication
-

- medical knowledge
- honesty
- confidence
- attention to detail
- ability to make quick decisions
- ability to work under pressure
- respect for patients' privacy

Band 5 Vocabulary

- caring nature
- good listener
- medical knowledge
- speak politely
- remain calm
- work hard
- make decisions
- help patients
- responsible person

Band 5 Answer Idea

A doctor should be caring, patient and responsible. They should listen carefully, explain treatments clearly and remain calm during emergencies.

Band 7 Vocabulary

- compassionate attitude
- effective communication skills
- professional competence
- sound medical knowledge
- emotional stability
- careful decision-making
- attention to detail
- respect patient confidentiality
- work effectively under pressure
- build patients' trust

Band 7 Answer Idea

A doctor should possess sound medical knowledge, effective communication skills and a compassionate attitude. They must also make careful decisions and remain calm under pressure.

Band 8 Vocabulary

- demonstrate clinical competence
- exercise sound professional judgement
- communicate with empathy
- maintain patient confidentiality
- make evidence-based decisions

- demonstrate emotional resilience
- build a trusting relationship
- respond effectively to emergencies
- uphold ethical standards
- provide patient-centred care

Band 8 Answer Idea

An effective doctor must demonstrate clinical competence, sound judgement and genuine empathy. Doctors should also uphold ethical standards and communicate clearly to build trusting relationships with patients.

3. What are the differences between a doctor and a nurse?

Simple Ideas**Doctors:**

- diagnose illnesses
- prescribe medication
- decide on treatments
- perform operations
- have longer medical training

Nurses:

- provide daily patient care
- monitor patients
- give prescribed medication
- support patients emotionally
- update doctors about patients' conditions

Band 5 Vocabulary

- diagnose diseases
- prescribe medicine
- provide treatment
- care for patients
- check blood pressure
- give medication
- follow the doctor's instructions
- monitor patients

Band 5 Answer Idea

Doctors diagnose illnesses and decide on treatments, whereas nurses provide daily care and monitor patients. Both professionals work together to help patients recover.

Band 7 Vocabulary

- medical diagnosis
- treatment decisions
- prescribe medication

- perform medical procedures
- continuous patient care
- monitor vital signs
- emotional support
- healthcare team
- different responsibilities
- work collaboratively

Band 7 Answer Idea

Doctors are mainly responsible for diagnosing illnesses and making treatment decisions. In contrast, nurses provide continuous care, monitor patients and offer emotional support.

Band 8 Vocabulary

- formulate treatment plans
- carry out clinical assessments
- perform specialized procedures
- oversee medical treatment
- deliver continuous bedside care
- monitor patients' progress
- coordinate patient support
- complementary professional roles
- multidisciplinary healthcare team
- ensure continuity of care

Band 8 Answer Idea

Doctors generally conduct clinical assessments, make diagnoses and formulate treatment plans, while nurses deliver continuous bedside care and monitor patients' progress. Their roles are different but complementary.

Describe a Story or Book That Has Animals in It

You can talk about a childhood story, a fable, a picture book, a novel or a story told by a family member.

You should say:

- what the story or book is about
- which animals appear in it
- why you read it
- and explain what you think about it

Simple Story Ideas**Idea 1: The Lion and the Mouse**

- A lion catches a small mouse but decides to release it.
- Later, the lion becomes trapped in a hunter's net.

- The mouse cuts the net with its teeth and saves the lion.
- I read it in a school storybook.
- It teaches that even a small person can provide great help.
- I found it simple, memorable and meaningful.

Idea 2: The Jungle Book

- It is about a boy named Mowgli who grows up in a jungle.
- The story includes wolves, a bear, a panther, a tiger and a snake.
- I read it because my teacher recommended it.
- It presents animals with different personalities.
- I enjoyed its adventurous story and message about friendship.

Idea 3: The Thirsty Crow

- A thirsty crow finds a pot containing very little water.
- It drops small stones into the pot.
- The water rises, allowing the crow to drink.
- I first heard it from my parents.
- It teaches people to solve problems patiently.
- I admire the crow's intelligence and determination.

Idea 4: The Tortoise and the Hare

- A fast but overconfident hare competes with a slow tortoise.
- The hare sleeps during the race.
- The tortoise continues moving and eventually wins.
- I read it during my childhood.
- It teaches that consistency is more valuable than overconfidence.

Band 5 Vocabulary

- animal story
- main character
- interesting story
- wild animals
- clever animal
- childhood book
- solve a problem
- help each other
- important lesson
- happy ending
- easy to understand
- enjoyed reading it

Band 5 Closing Idea

I enjoyed this story because it was easy to understand and taught me an important lesson about kindness and helping others.

Band 7 Vocabulary

- memorable childhood story
- central character
- adventurous plot
- moral lesson
- overcome difficulties
- demonstrate intelligence
- show courage and kindness
- meaningful message
- imaginative storytelling
- develop compassion for animals
- suitable for young readers
- leave a lasting impression

Band 7 Closing Idea

The story left a lasting impression on me because its engaging plot delivered a meaningful lesson about courage, kindness and determination.

Band 8 Vocabulary

- thought-provoking fable
- compelling narrative
- symbolic animal characters
- convey a moral message
- demonstrate remarkable determination
- overcome a challenging situation
- represent human characteristics
- capture a child's imagination
- encourage emotional development
- promote empathy towards animals
- timeless moral lesson
- remain relevant across generations

Band 8 Closing Idea

I consider it a timeless and thought-provoking story because its symbolic animal characters convey a moral lesson that remains relevant across generations.

Easy Idioms and Expressions

- **Never give up:** The story teaches children never to give up.
- **Slow and steady wins the race:** This is the main message of the tortoise's story.
- **A friend in need is a friend indeed:** The mouse helps the lion when he is in trouble.
- **Appearances can be deceptive:** A small animal can sometimes be extremely helpful.
- **Where there is a will, there is a way:** The crow finds a way to reach the water.

Follow-up Questions

1. Why do people keep pets?

Simple Ideas

- for companionship
- to reduce loneliness
- because they love animals
- for emotional support
- to teach children responsibility
- for protection and security
- to remain physically active
- because pets become part of the family

Band 5 Vocabulary

- feel less lonely
- loyal companion
- emotional support
- take care of animals
- play with pets
- protect the house
- family member
- reduce stress

Band 5 Answer Idea

People keep pets because animals provide companionship and help them feel less lonely. Pets can also reduce stress and become important members of the family.

Band 7 Vocabulary

- provide companionship
- reduce feelings of loneliness
- emotional comfort
- sense of responsibility
- relieve stress
- encourage physical activity
- develop a close bond
- improve mental well-being

Band 7 Answer Idea

Many people keep pets for companionship and emotional comfort. Looking after an animal can also teach responsibility and improve a person's mental well-being.

Band 8 Vocabulary

- provide unconditional companionship
- alleviate social isolation

- offer emotional reassurance
- develop a strong emotional attachment
- promote psychological well-being
- encourage an active lifestyle
- create a sense of purpose
- strengthen family relationships

Band 8 Answer Idea

Pets can provide unconditional companionship and alleviate social isolation. Caring for an animal may also create a sense of purpose and promote psychological well-being.

2. Do you think children love animals more than older people do?

Simple Ideas

Children may love animals more because:

- they find animals cute and entertaining
- they watch cartoons about animals
- they enjoy playing with pets
- they are naturally curious
- they do not worry about the responsibility or cost

Older people may also love animals because:

- pets provide companionship
- they may have more experience caring for animals
- pets help them remain active
- animals can reduce loneliness

Band 5 Vocabulary

- love animals
- find them cute
- play with pets
- watch animal cartoons
- feel happy
- care for animals
- older pet owners
- feel less lonely

Band 5 Answer Idea

Children may show more excitement around animals because they find them cute and enjoy playing with them. However, many older people also love pets because they provide companionship.

Band 7 Vocabulary

- natural curiosity
- emotional attachment
- express excitement

- understand responsibility
- long-term companionship
- experience caring for animals
- individual personality
- affection for pets

Band 7 Answer Idea

Children often express their love for animals more openly because of their natural curiosity. However, affection for animals depends more on personality and experience than age.

Band 8 Vocabulary

- demonstrate spontaneous affection
- develop emotional connections
- limited awareness of responsibility
- long-term emotional companionship
- individual upbringing
- previous exposure to animals
- personal circumstances
- age-related differences

Band 8 Answer Idea

Children may demonstrate more spontaneous affection towards animals, while older people often appreciate their long-term companionship. Therefore, the difference depends largely on upbringing and personal experience.

3. Why are animals commonly shown in children's stories and pictures?

Simple Ideas

- animals attract children's attention
- they make stories entertaining
- children find them easy to remember
- animals can represent human qualities
- they teach moral lessons
- they introduce children to nature
- animal characters make serious topics easier to understand

Band 5 Vocabulary

- colourful pictures
- funny characters
- attract children
- teach good lessons
- easy to understand
- learn about nature
- interesting stories

- remember characters

Band 5 Answer Idea

Animals make children's stories colourful and interesting. They can also teach simple lessons about kindness, honesty and helping others.

Band 7 Vocabulary

- capture children's attention
- imaginative characters
- represent human behaviour
- communicate moral lessons
- engaging storytelling
- introduce children to nature
- simplify complex ideas
- encourage empathy

Band 7 Answer Idea

Animal characters capture children's attention and make stories more engaging. Writers can also use them to represent human behaviour and communicate moral lessons.

Band 8 Vocabulary

- stimulate a child's imagination
- symbolic representation
- personify human characteristics
- communicate abstract ideas
- age-appropriate storytelling
- encourage emotional development
- promote empathy towards living creatures
- make moral concepts accessible

Band 8 Answer Idea

Animals are frequently personified in children's stories because they make abstract ideas more accessible. These characters stimulate imagination while conveying moral and emotional lessons.

4. Are animals safe in cities?

Simple Ideas

Some animals are safe because:

- animal shelters protect them
- people provide food and care
- laws prevent cruelty
- veterinary services are available
- parks offer some natural space

However, many animals face dangers from:

- heavy traffic

- pollution
- lack of natural habitats
- construction
- harmful waste
- irresponsible pet owners
- extreme weather

Band 5 Vocabulary

- heavy traffic
- road accidents
- polluted environment
- animal shelters
- safe places
- lack of food
- lose their homes
- protect animals

Band 5 Answer Idea

Animals are not always safe in cities because of traffic, pollution and a lack of natural space. However, shelters and animal-protection laws can help them.

Band 7 Vocabulary

- urban environment
- habitat loss
- traffic-related injuries
- limited green spaces
- exposure to pollution
- animal welfare organizations
- responsible pet ownership
- protective regulations

Band 7 Answer Idea

Cities can be dangerous for animals because of traffic, pollution and habitat loss. Local authorities can improve their safety by creating green spaces and enforcing animal-welfare laws.

Band 8 Vocabulary

- rapid urban development
- destruction of natural habitats
- exposure to environmental hazards
- human–wildlife conflict
- inadequate shelter
- wildlife-protection measures
- preserve urban biodiversity
- create animal-friendly spaces

Band 8 Answer Idea

Rapid urban development exposes animals to traffic, pollution and habitat destruction. Stronger protection measures and animal-friendly urban planning are necessary to preserve urban biodiversity.

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